



What's a Serving?

For those who say, five servings of fruits and vegetables a day sounds difficult, think again. Contrary to popular belief, eating the 5 A Day way is easy. One serving is less than you think. And today, more than ever, there's a wider variety of fruits and vegetables from which to choose, whether they're fresh, frozen, canned, or dried.

One serving size is defined as:

3/4 cup (6 oz.) 100 percent fruit or vegetable juice

One medium fruit (e.g., apple, orange, banana, pear)

1/2 cup cut-up fruit

1/2 cup raw or cooked vegetables

1/4 cup dried fruit (e.g., raisins, apricots, mango)

1 cup raw, leafy vegetables

1/2 cup cooked or canned peas or beans

Be creative about eating 5 A Day, think about including a variety of colorful fruits and vegetables and remember that five is the Minimum; the more the better.